Congresswoman Marcy Kaptur today outlined steps that constituents can take to find information about U.S. citizens and others in earthquake-stricken Japan.

Anyone with concerns about a specific U.S. citizen in Japan should send an e-mail to JapanEmergencyUSC@state.gov.

Anyone with concerns about a specific U.S. citizen in the Tsunami zone outside of Japan should send an e-mail to PacificTsunamiUSC@state.gov.

E-mail inquiries are strongly preferred, but constituents may call the Department of State's emergency assistance center at 888-407-4747, if they are unable to use e-mail.

Congresswoman Kaptur noted that all U.S. military personnel in Japan have been accounted for, with no reports of injuries. However, if family members of Department of Defense personnel wish to inquire about loved ones, they should call 800-342-9647.

Inquiries about Japanese citizens should be made to the Japanese Embassy in Washington, D.C. (202-238-6700).

Inquiries about citizens of a third country should call that nation's embassy or consulate. Contact information is available at <a href="https://www.travel.state.gov">www.travel.state.gov</a>.

Information about the situation in Japan can also be obtained at <a href="www.travel.state.gov">www.travel.state.gov</a> and <a href="https://japan.usembassy.gov">https://japan.usembassy.gov</a>

The U.S. Department of State and the U.S. Embassy and consulates in Japan are working to obtain information on the status of U.S. citizens and provide emergency assistance to U.S.

citizens. As of this morning, no U.S. citizens have been reported as injured or killed in the earthquake. Although telephone lines are disrupted, relatives may want to try contacting loved ones in Japan by e-mail, text (SMS) message, or other social media.